

Foot Health:
The best footwear
for healthy feet!

Risky Drinking

Fresh & Healthy Recipe

Ask the Coach

Local Farmer's Markets

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We often take for granted the incredible job our feet do supporting us day in and day out. In fact, most of us pay very little attention to our feet, until they hurt! Considering that our feet contain roughly one-quarter of the bones in our body – along with more than 60 joints and 200 muscles – it's really no wonder that many of us will experience foot problems at least once in our lifetime.

The Shoes You Choose

Taking care of your feet and preventing foot discomfort, pain and injury is as simple as choosing the proper footwear. For example, minimize the time you spend wearing the following types of shoes:

Flip-flops: Most flip-flops provide virtually no support for the arch of the foot, which can lead to painful problems such as tendonitis and plantar fasciitis. When worn during physical activity, flip-flops increase the risk for scraped feet, strained ankles and broken toes. A good alternative to flip-flops is open-toed sandals with a solid cushion and a strap in the back that holds your foot in the shoe.

Tall heels: Any heel higher than two inches causes the Achilles tendon to shorten which, over time, can lead to Achilles tendonitis (swelling and pain in the band of tissue that connects calf muscles at the back of the lower leg to your heel bone). Also, tall heels put an incredible amount of pressure on the ball of the foot, which can result in acute pain and even stress fractures.

Ballet flats: Typical ballet flats generally lack support and cushioning. They are better than flip-flops in that they keep the foot in the shoe, but they carry the same risk of tendonitis and plantar fasciitis. Wear ballet flats sparingly and definitely not when you're doing a lot of walking.

Backless mules: Backless shoes are problematic because they force the toes to "grab" the shoe to get support. Over time, this can lead to hammertoes, calluses or breaks in the skin.

Shoe Buying Tips

These days, there are many stylish, comfortable shoes to choose from so you don't have to sacrifice support for style. When buying new shoes, follow these simple tips:

Know your shoe size.

As we age, our shoe size can change so measure your feet before you purchase your next pair, particularly if you haven't had them measured recently. The best time to measure is at the end of the day when your feet are the largest.

Look for comfort and support.

Shop for shoes with soles that offer solid footing. If your feet are slipping around inside, you'll likely have future foot problems. If you must purchase high heels, stick with a maximum heel height of 1 ½ inches and choose shoes that have a wider, open space at the front. Avoid pointy-toe heels altogether.

Try shoes on for size.

Always try your shoes on before making a purchase because size varies depending on the brand and style. Before you make your final decision, walk around the store for a while to make sure they feel right. Never buy shoes that feel too tight with the hope that they will stretch. Most won't, at least not significantly enough to fit differently. You should not have to "break in" shoes if they fit properly.

Find the perfect fit.

When you are trying on the shoe, stand up and check that there is a ½ inch between your big toe and the front of the shoe. If not, choose the next half or full size up. Also, if you're like many people with one foot bigger than the other, make sure your new shoes fit your larger foot.

www.webmd.com
www.nih.gov



Risky Drinking

Risky drinking is risky business. Defined as “consuming alcohol at levels that put people at risk for medical and social problems,” risky drinking is not the same as alcoholism. In fact, risky drinking is actually more prevalent than alcoholism and causes more health issues. According to Boston University Schools of Medicine and Public Health and the Association for Medical Education Research on Substance Abuse, 30 percent of Americans are risky drinkers, while 4 in 100 are considered alcoholics.

Alcoholism is a physical addiction (drinking despite existing social and medical problems), while risky drinking refers to how much a person drinks and the resulting risk for social problems (fights, injury, unintended sexual situations); decreased job performance (impaired thinking, days missed); and long-term health issues (certain cancers, heart disease, liver damage and pancreatitis).



So how much is too much?

Drinking alcohol is nothing new – it’s accepted in most cultures and has been around for centuries. However, drinking alcohol becomes a problem when you consume too much, too quickly. Generally, this means:

- **For men:** more than 14 drinks per week or more than four drinks on any occasion
- **For women:** more than seven drinks per week or more than three drinks on any occasion

A drink is considered one 12-ounce beer, one 5-ounce glass of wine, or 1-1/2 ounces of 80-proof spirits.

Drinking within these limits is considered safe, and won’t contribute to health or social issues.

Setting Limits

To maintain control of your alcohol consumption, especially at an event or special occasion, set limits for yourself before you begin. Be sure to space your drinks, alternating them with non-alcoholic options, and take sips instead of gulps. Eating food helps slow the absorption of alcohol.

Whatever you do, never drink and drive or get into a car with someone who has been drinking. Forty percent of traffic fatalities are alcohol related. It’s just not worth it!

Alcohol Poisoning: Know the signs.

Risky drinking increases the risk for alcohol poisoning. Call 911 immediately if you notice any of these symptoms:

- Mental confusion
- Inability to wake up
- Vomiting while sleeping
- Seizures
- Slow breathing
- Irregular breathing (10 seconds or more between breaths)
- Cold body temperature
- Bluish skin color



www.acha.org
www.hhs.gov
www.webmd.com

Want to find out more about risky drinking? Check out the A-Z Health Topics on MyBlueService! Simply log in to **MyBlueService** from www.bcbsfl.com and access the **Living Healthy** tab. Click on **A-Z Health Topics from WebMD** and then **Alcohol Use**.

Fresh & Healthy

Recipe of the Month

Scallops and Snow Peas over Toasted Quinoa

Ingredients:

12 oz. dry sea scallops, cut into ½-inch pieces, or dry bay scallops (can substitute shrimp)

4 tsp. reduced-sodium soy sauce, divided

4 Tbsp. plus 2 tsp canola oil, divided

1 ½ cups quinoa, rinsed well

2 tsp. grated or minced garlic

3 cups water

1 tsp. salt

1 cup snow peas, trimmed and diagonally sliced (½ inch thick)

⅓ cup rice vinegar

1 tsp. toasted sesame oil

1 cup scallions, thinly sliced

⅓ cup red bell pepper, finely diced



Directions:

Toss scallops with 2 tsp. of soy sauce in a medium bowl and set aside. Place a large, deep skillet with a tight fitting lid over medium heat. Add 1 Tbsp. canola oil and quinoa. Cook, stirring constantly, until the quinoa begins to color, 6 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add water and salt and bring to a boil. Stir once, cover and cook over medium heat until the water is absorbed, about 15 minutes (do not stir). Remove from the heat and let stand, covered, for 5 minutes. Stir in snow peas, cover and let stand for 5 minutes more.

While the quinoa is cooking, whisk 3 Tbsp. canola oil, the remaining 2 tsp. of soy sauce, vinegar and sesame oil in a large bowl. Add the quinoa and snow peas, scallions and bell pepper; toss to combine. Remove the scallops from the marinade and pat dry. Heat a large skillet over medium-high until hot enough to evaporate a drop of water upon contact. Add the remaining 2 tsp. canola oil and cook the scallops, turning once, until golden and just firm, about 2 minutes total. Gently stir the scallops into the quinoa salad.

Nutritional analysis per serving:

Serves 6 (1 cup servings); 326 calories; 15g fat (1g sat, 8g mono); 19mg cholesterol; 32g carbohydrates; 16g protein; 4g fiber; 713mg sodium; 511mg potassium; Vitamin C (35% DV); Iron (15% DV).

Ask the Coach

Q I've heard that you burn more fat exercising at a lower intensity. Is that true?

A The "fat-burning zone" is a myth. When you exercise for the same amount of time, more vigorous activities will burn more total calories, as well as more fat calories. Keep in mind that you lose weight and body fat when you expend more calories than you consume.

While performing aerobic exercise at a lower intensity is not better or more effective than higher intensity activities for losing weight, it does have its benefits. It may be more comfortable and enjoyable, making it easier to exercise consistently.

www.acefitness.org

Local Farmer's Markets

Strategies for healthy shopping on a budget



Does it seem like buying fruits, veggies and lean meats from the grocery store is getting more and more expensive? Considering the time you spend getting in and out of the store and the money you waste on spoiled food, it is! If you're looking for a new way to purchase healthy foods for your healthy diet, consider starting a farmer's market at your work place.

For instance, the St. Johns County Board of County Commissioners recently started an onsite Farmer's Market for their employees. The market, held every other week from 8 AM to 1:30 PM, gives employees the flexibility to

shop before work, on break or during lunch. The vendors include a variety of local farmers, community supported agricultural cooperatives, organic growers and other vendors selling fresh produce and other products such as seafood, coffee and fresh herbs. And because the items originate locally, they don't spoil as quickly as the imported produce that is shipped to the grocery store.

The response from employees has been so positive that on opening day, vendors actually ran out of items to sell before the end of the day!

